



BUYING & COOKING LOCAL FOOD IN CHICHESTER

the boil rapidly until setting point is reached - the jelly will coat a wooden spoon and a little placed on the cold plate will set.
 4 Skim the surface of the jelly, then leave for 30 minutes before pouring into warmed jars. Cover, seal and label.

Pan fried breast of local partridge, potato and celeriac cake, Savoy cabbage, caramelised apples and cream

Serves 2

Giles Thompson of The Earl of March at Lavant and The Partridge at Singleton

2 x Partridges in feather • 50ml Sussex gold rapeseed oil

Potato Cake: 100g Grated Potatoes • 100g Grated Celeriac • 50g Unsalted Butter

Cabbage: • 150g Savoy Cabbage • 50g Back Bacon • 50g Butter
50g finely chopped onion

Caramelised Apples: 2 x Bramley Apples • 15g Butter • 15g Caster Sugar

Sauce: Peelings from 2 apples • 50g chopped onion • 150mls dry cider
50ml Veal Jus • 200mls Double Cream • chopped flat leaf parsley

- 1 Remove breasts from the partridge. Heat a heavy bottomed frying pan. Add rapeseed oil until smoking. Sear breast of partridge
- 2 Sauce: Add onions and apple peelings to the pan, and cook on a reduced heat of 3 mins each side. Remove partridge breasts and reserve.
- 3 Add cider, reduce by $\frac{3}{4}$. Add veal jus, then cream and thicken over a medium heat. Season and strain through a fine sieve. Keep warm.
- 4 Potato Cake: Heat a small blini pan with a little butter & oil. Dry the grated potato and celeriac on a clean cloth. Add to the pan, press down and cook for 3 minutes either side until golden brown.
- 5 Savoy Cabbage: Finely shred the savoy cabbage, blanch and refresh. Cut the back bacon into match stick size pieces and pan -fry in a little oil and butter. Add cabbage and cook until all has softened. Reserve.
- 6 Caramelized Apples: Peel the apple, quarter and core. Heat a little butter and sugar in a frying pan. Add apple and cook gently until golden brown and tender.
- 7 To Serve: Place potato cake to the centre of the plate, spoon cabbage onto potato cake. Arrange breasts on top. Coat with cider cream, arrange apples around. Sprinkle with flat leaf parsley.

Local apples are available from **Grange Farm Shop at Funtington** and from **Runcton Farm Shop**. Thanks to Ed Scales at **Hairspring Watercress** who has supplied the cress. **It's available at all good local farm shops.**

Bush Vines will be suggesting wines to accompany the dishes created.

Upcoming food courses at West Dean include Wild Food, Homemade Christmas, Game, Curries and a Marmalade Masterclass. Pick up a leaflet for details or check the website.

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Rosemary's MoonBites

APPLE AFFAIR
OCTOBER 2011

Bramley lemon curd

Makes 3-4 x 350g jars

500g Bramleys • 2-3 unwaxed lemons • 125g unsalted butter
450g golden granulated sugar • 4-5 large eggs

- 1 Peel, core and chop the apples. Finely grate the zest from the lemons and squeeze the juice - you need 100ml. Cut the butter into small pieces. Beat the eggs (you need 200ml), then strain them through a sieve.
- 2 Cook the apples gently with the zest and 100ml water in a covered pan until soft and fluffy. Beat thoroughly to a pulp with a wooden spoon then turn into a Pyrex bowl or the top of a double saucepan. Add the butter, lemon juice and sugar and heat over hot water until the butter has melted. Add the beaten eggs and cook gently until the curd has thickened enough to coat the back of the wooden spoon, stirring continuously.
- 3 Pour into warm jars. Seal and label. Keep in the fridge and use within 4 weeks.

Autumn harvest chutney

Makes about 4 x 500g jars

2 kilos mixed autumn fruits; apples, pears, rhubarb, pumpkin • 1 kilo onions
500g mixed dried fruits; stoned dates, crystallised ginger, sultanas
50g fine sea salt • 1kg demerara sugar • 568ml bottle distilled malt vinegar

- 1 Prepare the fruits and onions, then roughly chop or slice them. Finely chop the dates and ginger.
 - 2 Place all the ingredients in a large preserving pan and heat until the sugar has dissolved, stirring occasionally. Cook for about 1 hour, until reduced to a thick pulp.
 - 3 Pour into warm jars. Seal and label.
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Venison sausages with apples

Serves 2

1 medium leek • 1 small wedge of pumpkin, about 250g • 1 large Bramley
1 tbsp oil • 6 thick venison sausages • 150ml dry cider • 1 bay leaf
1 tbsp sultanas or blackberries • freshly chopped parsley

- 1 Trim and slice the leek, peel and seed the pumpkin and cut into 1.5cm dice, and peel, core and slice the apple.

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2 Heat a large frying pan and add the oil. Brown the sausages thoroughly on all sides then add the prepared fruit and vegetables and cook for 3-4 minutes. Add the cider with the bay leaf and simmer for about 15-20 minutes, adding the sultanas or blackberries just before the sausages are cooked. Season to taste, adding sugar as necessary, and serve.

Sausage and apple salad

Cold sausages, sliced, make fabulous salads with roast squash, diced courgette, pepper and apple and shredded watercress. Bind together with a mustard vinaigrette or salad dressing and add lots of freshly chopped parsley. Delicious!

Mussels with Bramley and cider

Serves 2

1kg mussels • 1 medium onion • 1 clove garlic • small bunch of parsley
1 small Bramley • 1 tbsp olive oil • 2 bay leaves • 250ml cider

1 Empty the mussels into a sink of cold water. Pull off any beards (rope-like bits sticking out of the side of the shells) and scrape the shells clean of any barnacles. Discard any mussels that do not close when tapped on the side of the sink. Drain in a colander.

2 Finely chop the onion, peel the garlic, finely chop the parsley and peel, core and finely slice the Bramley.

3 Heat the oil in a large saucepan, add the onion, and bay leaves and cook slowly for 3 minutes, then add the Bramley and cook for a further 2 minutes. Crush the garlic into the pan, add the cider and bring quickly to the boil.

4 Tip the mussels into the pan, cover and cook quickly for 3-4 minutes, until all the shells have opened. Shake the pan vigorously once or twice during cooking. Scoop the mussels into a bowl with a slotted spoon, season the liquor to taste, adding sugar if necessary, and add the parsley. Pour over the mussels and serve with crusty bread to mop up the juices.

Autumn fruits rum and raisin fool

Serves 3-4

2 large Bramley apples • 300-400g pumpkin • 1 lime • 3-4 tbsp crunchy breakfast cereal • knob butter • ½tsp ground cinnamon • 100g raisins • Sugar to taste • 250ml double cream • 2-3 tbsp rum

1 Peel, core or seed and finely slice the apples and pumpkin. Grate the zest and squeeze the juice from the lime. Crush the cereal if it is in clusters.

2 Melt the butter in a pan, add the cinnamon, apple, pumpkin and lim, zest and juice. Cover and cook for about 10 minutes, until soft and pulpy - the pumpkin will keep a little texture in the purée. Add the raisins and then sugar to taste. leave to cool.

3 Whip the cream until thickening then add the rum and continue whipping until thick but still floppy. Layer the cooled fruit with the rum cream then top with the cereal and serve.

Check out food courses at West Dean for culinary inspiration.

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Apple and blackberry cranachan

1 You need some cooking apples and some blackberries. Peel, core and dice the apples. Melt a knob of butter in a pan, add the apples and some sugar (according to taste) and cook, covered, for 4-5 minutes. Add blackberries, stir and continue to cook until the fruit is soft, although it is nice to keep some chunks of apple. Check it is sweet enough then leave to cool.

2 Heat a dry non-stick frying pan, and add 1-2 tbsp medium oatmeal per person. Dry fry for 2-3 minutes until browned and toasty. Cool on a plate. Whip some cream and add a little honey if you wish.

3 Layer the fruit, cream and oatmeal in dishes and serve.

Pumpkin korma with apple dhal

Serves 4

3 large onions • 3 cloves garlic • 5cm piece root ginger • 3 tbsp groundnut oil or ghee • 750g diced pumpkin or squash • 1 tbsp amarillo chilli powder plus 2 tsp ground coriander and 1 tsp ground cumin OR 2 tbsp garam masala

250ml double cream • 3 tbsp ground almonds • 1 tbsp poppy seeds • 1 tsp salt

1 Prepare and roughly chop the onions, garlic and ginger, then blend to a smooth paste in a liquidiser or processor, adding a spoonful of water if necessary.

2 Heat the oil in a flameproof casserole, add the pumpkin and brown all over. Add the onion purée and spices, stir, cover and cook slowly for 5 mins.

3 Add the cream, almonds, poppy seeds and salt. Stir, bring to the boil, then simmer slowly, covered, for 20 minutes until tender, stirring occasionally. Season.

4 Garnish the korma with coriander, and serve with apple dhal and rice.

Apple dhal

1 onion • 1 cooking apple • 1 tbsp oil • 1tsp onion seed • 175g/1 cup (measure) red lentils • 1 cinnamon stick • 500ml/2 ½ cups water

1 Prepare and chop the onion, peel and slice the apple.

2 Heat the oil in a pan, add the onion and cook slowly for 2-3 minutes. Add the remaining ingredients and simmer, covered, for 10-12 minutes, until the lentils are softened and mushy when beaten with a wooden spoon. Add a little more water if necessary during cooking.

3 Beat well, then add salt and pepper to taste.

Chili jelly

Makes about 5 x 500g jars

2 kilos cooking apples • 3-4 dried chillies • 200ml cider vinegar • 15-20 fresh chillies • 1kg golden granulated sugar (approx)

1 Wash the apples and chop them roughly, then cook them slowly with the dried chillies in 1 litre of water until very soft and reduced to a pulp. Cool slightly, then spoon into a suspended jelly bag and drain overnight - don't squeeze the bag or the jelly will be cloudy.

3 Chill a small plate in the fridge and finely chop the chillies. Add the vinegar to the apple juice then measure it into a large pan and add the chillies with 500g sugar to every 500ml liquid. Bring to the boil, stirring until the sugar is dissolved,

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